



# Volunteering at TRACC

Pom Pom Island, Sabah, Malaysia

**Kaito Bremner**

October 13, 2025



Typical day on Pom Pom island

## Introduction to TRACC

TRACC (Tropical Conservation and Research Centre) located on Pom Pom island. The main objective: to reinvigorate the coral and marine ecosystem around the island, “Saving the ocean, one coral, one turtle and one shark at a time.” This directly aligns with SDG 14 - 'life below water'.

## Day-to-day

Usually volunteers do two work dives a day: these could include coral planting, turtle ID, underwater cleanups and more. On some days you may be assigned to do a beach-cleanup, and others you could be mixing concrete to build the artificial MARS reefs.





## Challenges

Fish bombing and unsustainable fishing practices around the island has led to widespread destruction of 99% of the coral. This leaves behind a layer of loose coral rubble, which new coral polyps find it hard to recruit to.



## What TRACC is doing to help this

By building artificial reefs, coral polyps can have something firm to stick onto.



Coral Planting on MARS structures

During some dives divers will also capture turtle facial images to keep a record of the local population in their database.



Turtle I managed to capture resting on a reef.

Lastly, TRACC runs a turtle hatchery, to protect turtle eggs from poachers and predators. Staff and volunteers will go on daily 'turtle walks' around the island to look for freshly laid eggs.



## Additional info

You can also complete PADI courses. For example, I did my Advanced Open Water and Rescue course all in the span of a month!





Visit [tracc.org](http://tracc.org) for more info